



PPD's News to Live By

May 2012

[PPD ESH Newsletter Archives](#)

- In this Issue:
- May is National Electrical Safety Month
 - Rigging Safety
 - Fall Protection Incident & Reminder
 - Summer Students Radiation Areas-Dose Limitations
 - PPD Procedure Updated
 - Globally Harmonized System
 - Distracted Driving Video
 - May is National Bike Month & May 14-18 is Bike to Work Week
 - Doh! Photos of the Month
 - PPD April Injuries
 - PPD ES&H Challenge

May is National Electrical Safety Month

According to the Electrical Safety Foundation International, electrical hazards cause more than 300 deaths and 4,000 injuries in the workplace each year.

To prevent making yourself a statistic, please follow these [tips](#):

- Always plan ahead, and consider what possible problems could arise and how to prevent them (hazard analysis)
- Identify all potential hazards in the area.
- Use the correct tools and PPE for the job.
- Test every circuit and every conductor, every time.
- De-energize all electrical equipment (and utilize lockout/tagout to prevent inadvertent restarting) before beginning the work.

The [Consumer Product Safety Commission](#) recommends following these basic electrical safety tips at home:

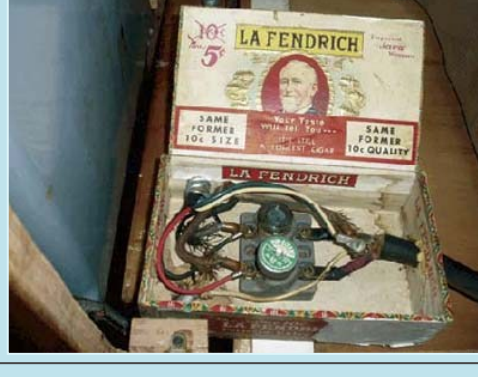
- Don't use equipment or cords that are damaged.
- Inspect all electrical cords for excessive wear before plugging them in
- If you notice any of the following, have a licensed electrician inspect:
 - * Dimming or flickering lights
 - * Sizzle or buzzing sounds
 - * Plugs that come out of the receptacle easily
 - * Flashes or showers of sparks
 - * Hot switch plates or outlet covers
 - * Fuses burning out or circuit breakers being reset frequently

Additional Resources:

ESFI's [Test Before You Touch](#)

ESFI's [Electrical Safety Then and Now](#)

The Electrical Safety Subgroup of EFCOG has provided electrical safety items on their [Electrical Safety Month](#) page.



Rigging & Lifting Safety

Proper rigging for lifts is an important step, and one that should not be taken lightly. Many crane accidents are caused by the failure of crane rigging and/or the rigging hardware. Only trained crane operators are to perform rigging operations, and should follow the steps below:

- Make sure you use the proper equipment before your lift. Is the crane, the slings, etc. rated for the load?
- Always inspect your lifting equipment before each use. This includes slings ([flat web slings](#), [round slings](#), and [chain slings](#)), hooks and clasps, etc. (See also OSHA Alliance's [Pre-operational check of Cranes and Hoists](#).) Any defective items must be removed from service immediately.
- Be aware of pinch points.
- Ensure that the load is properly supported and balanced to limit/eliminate shifting during the move.
- Make sure to keep the load as low to the ground as possible during travel, and that the load path is clear of all obstructions.
- Never work underneath a raised load, or direct a load over other people.

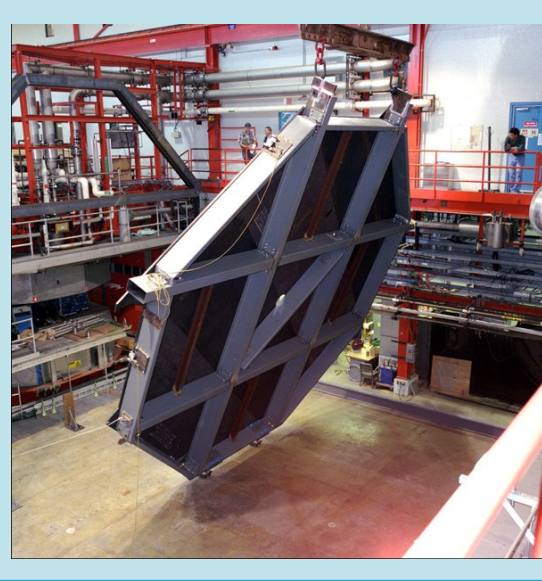
Additional Resources:

DOE [Hoisting and Rigging Fundamentals handbook](#)

Article from The Fabricator: [Six dangerous misconceptions about crane safety](#)

OSHA Alliance's [Hoist Operation Safety Tips](#)

OSHA's [Sling Safety](#)



Fall Protection Reminder

Falls are still one of the leading causes of death among U.S. workers—more than 300 each year. It is preferred to protect people from fall hazards by utilizing guardrails to restrict access, but there are instances where personal protective equipment is a requirement. Those who use fall protection PPE should make note of the safety tips below, and watch the video on the right.

This video clip shows a worker who falls into a reactor cavity while wearing a fall harness tied off to a guardrail, see [here](#). Things that would have made this fall less likely to cause injury: establishing a total fall distance to limit the fall to less than a 6-foot free fall; tying-off properly (guardrails are not to be used as tie-off points unless it has been established that they can support 5,000 lbs); tying-off to reduce swing and avoid other objects during a fall.

Follow these safety tips when using fall protection equipment:

- Complete your fall protection training before using any fall protection equipment.
- Review the written hazard analysis for the task. The HA must include a rescue plan.
- [Inspect your fall protection equipment and devices](#) before each use.
 - * Keep in mind that your PPE has an expiration date; harnesses and lanyards are typically good for 5 years.
- Make sure a qualified person has established compliant tie-off points.
 - * Generally you want the tie-off point above you, to limit your total fall distance.
- Remember that articulated lifts require a fall protection harness, but not scissor lifts.
 - * However, it is still a good practice to use a fall protection harness in a scissor lift.

Additional Resources:

FESHM Chapter 5066: [Fall Protection](#)

[Calculating Total Fall Distance](#)

DOE's [Fall Protection Tips](#)

OSHA's [Personal Fall Arrest Systems e-Tool](#)

Miller Fall Protection's pamphlet [Safety Compliance at Height](#)



Summer Students Radiation Areas-Dose Limitations

A reminder to all employees who supervise summer students: There are special radiation work requirements and exposure limits to students/visitors under the age of eighteen. Below are those requirements/limits, which are in addition to those that apply to Fermilab employees and users:

- Persons under 18 years of age are not normally allowed to work in posted radiation areas, in radioactive materials areas, or to work with radioactive materials.
- The prior approval of the Senior Radiation Safety Officer is required before persons under 18 years of age are allowed to enter a posted radiation area or any other posted radiological area.
- Such entry should not be for regular work assignments and be limited to short educational tours. No persons under 18 years of age may enter radiation areas where the dose rate exceeds 10 mrem/hr.
- The approval will only be granted subsequent to consultation with the Division/Section/Center Radiation Safety Officer.
- All personnel, including summer students, who make entry into Controlled Areas are required to have General Employee Radiological Training (GERT) or be escorted at all times by a properly trained individual.

If you have any questions, please contact PPD's RSO, [Nathan Duff](#) (x4742).

Notice: PPD Procedure updated

Please note that PPD Administrative procedure: [PPD Guest and Visitor Procedures](#), has been updated.

Globally Harmonized System (GHS) Adopted by OSHA

The OSHA Hazard Communication Standard has been revised to align it with the UN's globally harmonized system. The standard will be fully implemented by 2016. This system should benefit all employees who use chemicals by reducing confusion with labels and material safety data sheets (MSDS) as they will be more consistent.

HCS Pictograms and Hazards		
Health Hazard	Flame	Exclamation Mark
<ul style="list-style-type: none">• Carcinogens• Mutagenicity• Reproductive Toxicity• Respiratory Sensitizer• Target Organ Toxicity• Aspiration Toxicity	<ul style="list-style-type: none">• Flammable• Pyrophorics• Self-Heating• Easily Flammable Gas• Self-Reactives• Organic Peroxides	<ul style="list-style-type: none">• Irritant (skin and eye)• Skin Sensitizer• Acute Toxicity• Chronic Toxicity• Respiratory Tract Irritant• Hazardous to Ozone Layer (Non-Handbook)
Gas Cylinder	Corrosion	Exploding Bomb
<ul style="list-style-type: none">• Gases Under Pressure	<ul style="list-style-type: none">• Skin Corrosion/Burns• Eye Damage• Corrosive to Metals	<ul style="list-style-type: none">• Explosives• Self-Reactives• Organic Peroxides
Flame Over Circle	Environment (Non-Mandatory)	Skull and Crossbones
<ul style="list-style-type: none">• Oxidizers	<ul style="list-style-type: none">• Aquatic Toxicity	<ul style="list-style-type: none">• Acute Toxicity (fatal or toxic)

The new Hazard Communication standard will require chemical manufacturers to label their chemical containers with a harmonized signal word (e.g. danger, warning, etc.), a GHS pictogram, a hazard statement and a precautionary statement. The use of the pictograms with a globally recognized symbol should assist individuals who may not be able to read English.

What does that mean for you?

The objective of GHS it to make it easier for people to find the safety information of the chemicals they use, as each product should have similar labeling and MSDS formats.

Updated training will provide you with explanations of the changes, including the new labeling and MSDS requirements (keep an eye out for further information).

Additional information can be found on OSHA's [Hazard Communication webpage](#). They also offer examples of the new [safety data sheets](#) and [labels](#).

You can also learn more from this National Safety Council [article](#).

Distracted Driving Video

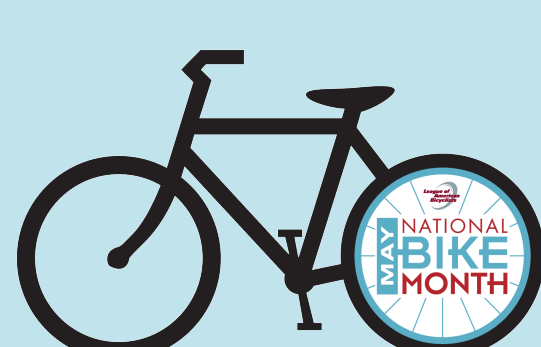
<http://www.youtube.com/watch?v=DebhWD6jZs>



May is National Bike Month & May 14-18 is Bike to Work Week

The [League of American Bicyclists](#) would like you to celebrate [National Bike Month](#), and consider biking as an option for your commute to work if you have not already done so. Check out their [Bike to Work Commuter's Booklet](#) to learn more about the benefits of biking to work.

To help find your best routes, Google bicycling directions can be found [here](#).

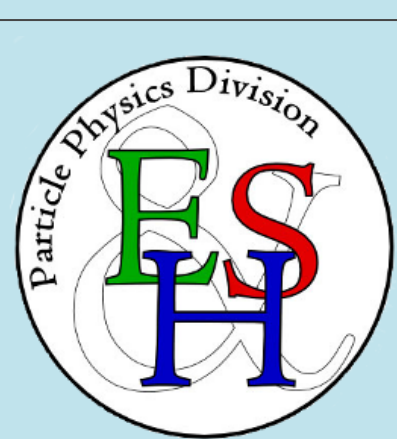


The "Doh!" Photos of the Month



PPD April Injuries

No injuries reported!



Challenge

April Winner!!!



Barb Kristen

Winning Caption:

"This is good practice for my audition in the upcoming Nutcracker Ballet!"

Runner's Up:

- "Of course I can balance on this rail! I used to be a tight rope walker."
- "No, don't bother moving the boom over. I'll get it from here!"



April Contest

For a chance to win your choice of a PPD ES&H acrylic cup or a coffee certificate for the cafeteria, provide a humorous caption for this photo:



Please submit your responses/answers to [Angela Sands](#) by May 18th.

(If there are multiple correct answers/entries, a drawing is held.)

Did you find this newsletter helpful? Does it have the kind of information you are looking for? Your feedback is important. Please continue to use the [electronic safety concern database](#), the suggestion boxes in your area, or send comments to Angela Sands, asands@fnal.gov